



# The Inside Scoop

## COPD

## What you need to know

**Tuesday, June 16**  
**6:30-7:30 p.m.**

What is it? What caused it?  
What are the symptoms of COPD?  
How can I manage it?

This program will be presented by Kathryn Troupe MS, RN,  
ANP-BC, CHFNP, Nurse Practitioner, Heart Failure Program  
Frederick Memorial Hospital

**The Inside Scoop: Education & Ice Cream**

3<sup>rd</sup> Tuesday evening of each month

**Urbana Senior Center**

**9020 Amelung Street, Frederick, MD 21704**

(located on the lower level of the Urbana Regional Library)

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